6.

Muscular

Sexual

&

(Part of)

Mental Hygiene.

(Other notes better here)

does not perspire, the kidneys secrete more than on a hot day.

The next subject is the

HYGIENE OF THE MOTOR SYSTEM.

Hygiene of the Motor Apparatus.

The muscles & bones comprise the ~~motor~~ apparatus.

LAWS OF NUTRITION.

The ~~laws~~ conditions of healthy nutrition of any part or organ in the body are:

1. Sufficient supply of blood.
2. Good quality "
3. Sufficient innervation
4. " exercise
5. " repose.

SUPPLY OF BLOOD.

A sufficient supply of blood is necessary. If a clot of ~~fibrin~~ an embolus, stops up an artery in the brain, that part of the brain ~~will~~ may be paralyzed.

INNERVATION

There must be innervation. If we cut the nerve of a limb of an animal, the muscle will be paralyzed.

Holding the arm over a chair will illustrate this temporarily.

A person may have good muscles and poor nerves.

Winship's first lecture in & Heenan's second fight in England.

Swimming. 1875, Captain Webb in England swam 20 miles in about 5 hours. Afterwards swam across the Channel!

Coyle (Irish birth) and Johnson (English) undertook to swim, same year a match of 13 miles in the Delaware river. Both gave up 3 miles short.

Coyle is said to have swum a mile in 10 minutes.

Capt. Boyton's feat, crossing the Br. Channel, was floating and paddling: still, a very remarkable exploit. (1875).

End of 24th Lecture, 1869.

Rowing

Rems

Renforth – died suddenly, during rowing a race

× but overdone in the contests between Oxf. Cambridge & Harvard & Yale

Breaks down some young men almost every

EXERCISE.

Exercise is necessary for health. The circulation and aeration of the blood are not kept up without it.

It must not be excessive. Prof. Jackson. Rupture of the heart or aorta, tendency of blood to the head, and general exhaustion may be thus produced.

Dr. Winship never goes to the ~~stop~~ of his strength. [His experience :-]

MODES OF EXERCISE.

Modes of Exercise:- ... if enough of it.

WALKING.

Riding on horse... than walking. It ... the muscles of t...

RIDING

DRIVING

SAILING

Driving & Sailing ... They are good fo...

FENCING

BOXING

Fencing & Box...

DANCING

Dancing is good ... air, in a heated ...

SKATING.

Skating is excellent fo... It is in the cold, open air where there is plenty of oxygen.

ROWING

SWIMMING

Rowing — very good exercise. (Enlarge)

It is a rule of hygiene, that the most ~~comm~~ ~~pleasant~~ exercise, exhilarating

enefits he believes himself to have received from ny simple preparat on, in the hope that he may hus contribute to the benefit of others.

I do this the more readily in regard to Hoofland's German Bitters, prepared by Dr. C. M. Jackson, of this city, because I was prejudiced against them for many years, under the impression that they were chiefly an alcoholic mixture. I am indeb ed o my friend, Robert Shoemaker, Esq., for the removal of this prejudice by proper tests, and for encouragement to try them when suffering from great and long continued debility. The use of three bottles of these bitters at the beginning of the present year, was followed by evident relief and restoration to a degree of bodily and mental vigor which I had not felt for six months before, and had almost despaired of regaining. I therefore thank God and my friend for directing me to the use of them. J. NEWTON BROWN, Phila.

From the Rev. Thomas Winter, D. D., Pastor of Roxborough Baptist Church.

Dr. Jackson—Dear Sir: I feel it due to your excellent preparation, Hoofland's German Bitters, to add my testimony to the deserving reputation it has obtained. I have, for years, at times, been troubled with great disorder in the head and nervous system. I was advised by a friend to try a bottle of your German Bitters. I did so, and have experienced great and unexpected relief; my health has been very materially benefited. I confidently recommend the article where I meet with cases similar to my own, and have been assured by many of their good effects.

Respectfully, yours,
T. WINTER, Roxborough, Pa.

READ THE FOLLOWING.

following well known reverend gentlemen writing the great benefits

186

Swimming. 1875, Captain Webb in England swam 20 miles in about 5 hours. Afterwards swam across the Channel.

Coyle (Irish birth) and Johnson (English) undertook to swim, same year a match of 13 miles in the Delaware river. Both gave up 3 miles short.

Coyle is said to have swum a mile in 10 minutes.

Capt. Boyton's feat, crossing the Br. Channel, was floating and paddling: still, a very remarkable exploit. (1875).

End of 24th Lecture, 1869.

EVIL EFFECTS OF EXCESSIVE PHYSICAL TRAINING.—There is no rose without a thorn; and one of our physicians has something to say on the late boat race. He remarks that there is not amongst these crews a single man henceforth with a sound organization; and one who has lived for years at Motlrake says there is not one who will not die so many years sooner by so much effort performed beyond his natural powers—not two, probably, that will reach the age of 45—not one that, notwithstanding all the idle nonsense of the "trainer," will not be a disabled man from the fatal day he got into the hands of trainers and boatmen. Seven such cases have fallen under his observation. Foolish people say these "sports" are the backbone of English pluck; but the whole assumption is a melancholy falsehood. We hear of the great prevalence of heart disease of late years, and stand aghast at the sudden deaths from that cause. Who can deny that there is truth in this? It is to be hoped that there is some exaggeration in the doctor's remark. We know that they like to frighten with death's heads and stuffed alligators; but the experience of most of us tends to show that over-exertion, combined with excitement, frequently has injurious, if not fatal effects.—*Court Journal.*

Rowing Eating

Renforth – died suddenly, during rowing a race

but overdone in the contests between Oxf. & Cambridge & Hound & Male

Breaks down some young men almost every

EXERCISE.

Exercise is necessary for health. The circulation and aeration of the blood are not kept up without it.

It must not be excessive. Prof. Jackson. Rupture of the heart or aorta, tendency of blood to the head, and general exhaustion may be thus produced.

Dr. Winship never goes to the ~~stop~~ of his strength. [His experience:-]

MODES OF EXERCISE.

Modes of Exercise:- Walking is good if enough of it.

WALKING.

Riding on horse takes less time than walking. It does not develop the muscles of the legs.

RIDING

DRIVING

SAILING

Driving & Sailing are passive. They are good for invalids.

FENCING

BOXING

Fencing & Boxing are ~~very good~~ fine exercise.

DANCING

Dancing is ~~good~~ good enough if in the open air. In a heated room it is not. The moral advantages of it does not belong to our province here.

SKATING.

Skating is excellent for both sexes. It is in the cold, open air where there is plenty of oxygen.

ROWING

Swimming

Rowing — very good exercise. (Enlarge)

It is a rule of hygiene, that the most ~~comm~~ ~~pleasant~~ exhilarating exercise,

O Chinese mandarins remark on a game of base ball — seeing English gentlemen taken so much trouble to amuse us in our country."

Games may be over-indulged; Cricket has sometimes injured the heart. The game that is most innocent of this (unless in the Sentimental sense) is Croquet.

+ "Constitutionals" may be dreary: e.g. some boarding school drills, in line at set hours.

The Health Lift

Gymnastic Exercise

See my Corporeal notes here →

Hamerton, in his book on the "Intellectual Life", shows that a good deal of bodily activity is compatible with the best kind of literary labor. Sir Walter Scott was much on horseback, and he and the poet Wordsworth were both great walkers. Goethe, too, delighted in riding, swimming, walking and skating. Isaac Walton's fishing rod is famous; — and so, in our own times, has become Tyndall's Alpenstock; as well as Charles Kingsley's rambles by the sea-side, and in the forests of the tropics.

other things being equal

Treadmill work e.g. If we could utilize game efforts, great force.

is the most beneficial.

GAMES — Games: cricket, foot-ball, baseball, &c. are good. It is astonishing what hard work we will perform if we are enjoying ourselves.

HUNTING, EXCURSIONS, FISHING — Hunting, natural science excursions, & even fishing are good on account of the variety & enjoyment.

DUMB BELLS — As a last resort we should use the dumb-bells: better than nothing, decidedly.

EFFECT OF EXERCISE ON DIFFERENT ORGANS. — Effect of Exercise on Different Organs:—

See my own notes here.

RESPIRATION. — It increases the amount of air breathed. For exercise, the chest should be untrammelled. The air should be pure. Dr. Winship was very particular about the air. There should be a sufficiency of carbonaceous food.

HEART. — It accelerates the action of the heart and blood vessels.

SKIN. — It increases the warmth, perspiration & vascularity of the skin. During exercise, we can stand more exposure.

End of 25th Lecture

MUSCULAR PERFORMANCE

Muscular Performance.

Maximum — 723 tons lifted 1 foot in 12 hours.

Average — 300 tons lifted 1 foot daily.

Minimum for healthy adult — 150 tons lifted 1 foot daily; equivalent to a walk of 9 miles.

MARCHING.

In Marching

Slow time — length of step, 30 inches.

Quick time — " " " 30 "

Double — " " " 36 "

Average — 2.8 miles per hour.

Daily average — 12 miles.

EFFECTS OF EXCESSIVE HEAT.

From Excessive Heat.

Sun-stroke; — congestion of brain.

Heat-collapse; — prostration, from devitalization of the blood and nerve-centres.

EFFECT ON MUSCLES.

In regard to the muscles, exercise first wastes & then renovates. A certain chemist says that the soreness of the muscles is caused by the formation of lactic acid.

ON NERVES.

It favors the [because of the] nervous system. Acrobats are said to be stupid. This may be so in those who do nothing but exercise.

Lecture XXV.

OMISSION PAGE-183.

STEWED PRUNES.

[In the last lecture, stewed prunes should have been mentioned as good for increasing the action of the bowels.]

EFFECT OF EXERCISE ON THE METAMORPHOSIS OF TISSUE AND ON ELIMINATION.

Exercise increases the metamorphosis of blood and tissue, and elimination [especially by skin & probably lungs]; hence there must be a good supply of water. Hard working men are often thirsty.

MAN'S POWER.

AVERAGE & MAXIMUM POWER.

Amount of Exercise which can be Taken:— A man's power, is ~~6/7~~ 1/10 of a horse power. The average [of a day's labor] is 300 tons lifted 1 foot; 400 tons is a hard day's work. The maximum is 723 tons. In India, the Coolies run

with a weight, on an ascent, 10 miles a day. Turkish porters carry 600 pounds at once.

WALKING ON A LEVEL.

When a man walks on a level, he lifts $\frac{1}{20}$ of his own weight.

Daily ~~labor~~ exercise, out of doors, should be from 150 to 300 tons, 1 foot; equal to a walk of 9 miles. For ~~the~~ soldiers 12 miles is a good average day's march.

GYMNASTICS IN THE ARMY.

~~Gymnastic training was introduced into the British army.~~

HEAVY GYMNASTICS

Gymastics are of two kinds; the heavy & the light. The former were introduced into the United States by Dr. Beck, in 1825.

LIGHT GYMNASTICS.

The light system is associated with Dio Lewis, although Ling, a Swede practised it before he did.

In a the Perkins Institution school for imbeciles in 1856 a system of light gymnastics was contrived by an idiot. methodical, keep time by notation.

Dr. Wermuth

ADVANTAGES OF CALESTHENICS.

Calisthenics (beauty & strength) the name of the new system, has many advantages. A social

Harvard crew quite probably lost their boat race against the Oxford men in England by making too many strokes in the minute. Cambridge beat Oxford 1870, first time for several years, on 38 strokes in the minute – steady pulling.

(42)

1875, Oxford beat Cambridge with 36 strokes to the minute.

Similar difference gave Columbia College victory at Saratoga, 1874, Columbia College crew 34 to 35 strokes per minute, quick hard pull & rather slow recovery.

1876, Cambridge beat Oxford – both averaging 37 to minute; Oxford varying from 35 to 40.

Sketch windship's victory.

He fainted when about to commence his first lecture & exhibition of nerves!

End of 26th Lecture

Dr Davis –

element is introduced, there is a variety of easy movements, and grace in form & motions is developed.

DIO LEWIS. Dr. Lewis says that in a short time he can by his system, tire a heavy gymnast.

MOVEMENT CURE. The movement cure is on the principle that passive exercise is better than none. Dr C. T. Taylor of New York.

MODERATION. Moderation is to be practised, even in the heavy gymnastics. Dr. Winship says that [illegible] the result of train[illegible]

Half an hour [illegible] exercise

DR. WINSHIP. Dr. Winship n[illegible] 3000 pounds. He ha[illegible] which enables [illegible] all his muscles in[illegible]

The light sysle[illegible] lids.

TRAINING. Training:— E[illegible] were formerly held i[illegible] training, such as pu[illegible], &c.

In training, [illegible] observed, are plain food, temperance,

Sergt. Collins.....
Sergt. Younie.....29 | Corp. Wor[illegible].....26

Fourteenth Regiment.

Capt. Fagin.....36 | Corp. Kehoe.....29
Private Clancey.....30

The above-named marksmen subsequently shot for marksmen's badges, of which two qualified in each command.

HARVEST PROSPECTS.

A circular issued by the McKillop & Sprague Co. gives the following report of harvest prospects: In the Counties of Boone, Cross, Pope, and Lawrence, of Arkansas, wheat is not doing as well as usual; corn is very good, and on the whole the promise is very fair. Twelve other counties report an increased area under cultivation, and though the yield is below the average the quality is superior; oats, not an average; apple crop good, but other fruits a failure. In Kansas wheat is excellent, being above an average both in quantity and quality; corn in good condition, and a full crop; flax, hemp, and grass, all in good condition; only one county reports injury to the wheat by worms. All reports from Texas concur in representing the wheat crop as good; corn and cotton good, and up to the average; oats, pretty nearly a full crop. Nebraska reports the wheat crop thin because of cold weather, but with these exceptions favorable accounts are given of all cereal crops; as grasshoppers have not appeared, the farmers are in good spirits. In Florida corn is very good; cotton looks well, but it is too early to give an opinion respecting quantity and quality; the orange crop is doing wel[illegible]

9481
[illegible]
[illegible]

Harvard crew quite probably lost their boat race against the Oxford men in England by making too many strokes (42) in the minute. Cambridge beat Oxford 1870, first time for several years, on 38 strokes in the minute – steady pulling. 1875, Oxford beat Cambridge with 35 & 36 strokes to the minute. Similar difference gave Columbia College victory at Saratoga, 1874, Columbia College crew 34 & 35 strokes per minute, quick hard pull & rather slow recovery. 1876, Cambridge beat Oxford – both averaging 37 to minute; Oxford varying from 35

Sketch [illegible] the Yale men have won in twenty minutes and two seconds. Harvard crosses the line thirty-one seconds later. Thus finishes a race which will have the greatest effect upon rowing in the United States.

It is safe to say that no Harvard crew will henceforth follow any out-dated prophet like the one who has been giving so much time and trouble to what he probably now finds a thankless task. The whole affair has been managed, moreover, in the most amicable manner. In spite of the alarming symptoms of bad feeling between the crews discovered by an imaginative reporter, the truth remains that the men have interchanged visits, that they have been polite to each other and to outsiders, and that after the race, while paddling up, they stopped and cheered each other with cordiality. The privileged voyagers upon the swift steam launch report that Harvard caught the water first, but Yale did more execution, and took the lead. This she rapidly increased during the first mile, rowing thirty-three to Harvard's thirty-seven to the minute. She passed the mile bridges fully six lengths ahead. Lower down her coxswain, who had done better than the other steersman, on the first mile, got into the edge of the dead water, and the Harvard boat came up a little under a spurt

Rec'd June 30/76
Springfield

He fainted when about to commence his first lecture, & resuscitation attempted

Lecture

element is introduced, there is a variety of easy movements, and grace in form & motions is developed.

DIO. LEWIS. Dr. Lewis says that in a short time he can by his system, tire a heavy gymnast.

MOVEMENT CURE. The movement cure is on the principle that passive exercise is better than none. Dr C. T. Taylor of New York.

MODERATION. Moderation is to be practised, even in the heavy gymnastics. Dr. Winship says that his strength is the result of training only.

Half an hour at a time, actively employed is enough exercise.

DR. WINSHIP. Dr. Winship now lifts nearly 3000 pounds. He has a frame-work which enables him to bring all his muscles into action.

The light system is good for invalids.

TRAINING. Training:— Erroneous ideas were formerly held in regard to training, such as purging, sweating, &c.

In training, the things to be observed, are plain food, temperance,

Weston (May, 1870) walked, in New York, 100 miles within 22 hours. It had been done within 24 hours about a year ago by another man in this country. In June 1871, he walked 400 miles in 5 days.

Dr. A. Flint found, while he was performing the extraordinary exploit of 1870, a very large increase in the amount of urea (and the urates) excreted.

In May, 1874, Weston attempted to walk 500 miles in 6 days; he accomplished 430 within that time.

[End of 25th Lecture, 1869.]

considerable regular exercise, with

cleanliness, pure air, no tobacco, and not too soft a bed. Ten hours are allowed for sleep, and four for meals & rest.

REST.

Rest is necessary. We sometimes hear of a man walking 1000 miles in 1000 hours. Such a task would be difficult only on account of the want of rest.

ROBERTSON'S SYSTEM.

Mr. Robertson's system is: breakfast (beef or mutton) at 8 o'clock, A.M. dinner (cutlets, roast, crackers) at 2 o'clock, supper (cold meat, biscuit) at 8 o'clock P.M.; exercise before each meal; and 7 hours sleep on a hard bed.

Hygiene of

MARCHING.

Marching:— The soldier's dress is much lighter now than formerly. Soldiers now m
except on p

LENGTH OF STEP

The Englis
slow & quick
quick, 36 inc
is the most c

Mr. T. Stewardson Jr.

Weston (May, 1870) walked, in New York, 100 miles within 22 hours. It had been done within 24 hours about a year ago by another man in this country. In June 1871, he walked 400 miles in 5 days.

Dr. A. Flint found, while he was performing the extraordinary exploit of 1870, a very large increase in the amount of urea (and the urates) excreted.

In May, 1874, Weston attempted to walk 500 miles in 6 days; he accomplished 430 within that time

[End of 25th Lecture, 1869.]

O'Leary, "American", in March, 1878, in London, walked over 520 miles in 6 days.

Weston, 1879, walked 550 miles in 6 days

considerable regular exercise, with

cleanliness, pure air, no tobacco, and not too soft a bed. Ten hours are allowed for sleep, and four for meals & rest.

REST.

Rest is necessary. We sometimes hear of a man walking 1000 miles in 1000 hours. Such a task would be difficult only on account of the want of rest.

ROBERTSON'S SYSTEM.

Mr. Robertson's system is: breakfast (beefor mutton) at 8 o'clock, A.M. dinner (cutlets, roast, crackers) at 2 o'clock, supper (cold meat, biscuit) at 8 o'clock P.M.; exercise before each meal; and 7 hours sleep on a hard bed.

Hygiene of

MARCHING.

Marching:— The soldier's dress is much lighter now than formerly. Soldiers now march almost disconnectedly except on parade. French Zouaves from Italy—

LENGTH OF STEP

The English mar[illegible] slow & quick time, 3[illegible] quick, 36 inches. Th[illegible] is the most common.

workman, holding in his hand a piec[illegible] wood, which is covered with wet sa[illegible] causes this to rub with the necessary de[illegible] of force against the inner surface during [illegible] rapid revolution of the glass.

Ornamental figures placed on articles [illegible] glass ware are produced by compressin[illegible] portion of glass in a mould, and then t[illegible] are attached to the article. These desi[illegible] are usually raised, and they have an [illegible] vantage over engraving by retain a pol[illegible] clear and shar[illegible]

Weston (May, 1870) walked, in New York, 100 miles within 22 hours. It had been done within 24 hours about a year ago by another man in this country. In June 1871, he walked 400 miles in 5 days.

Dr. R. Hunt found, while he was performing the extraordinary exploit of 1870, a very large increase in the amount of urea (and the urates) excreted.

In May, 1874, Weston attempted to walk 500 miles in 6 days; he accomplished 430 within that time

[End of 25th Lecture, 1869.]

O'Leary, "American", in London, in 6 1879, walked 530 miles in 6 days

O'Leary, the pedestrian, accomplished his walk of 500 miles at the American Institute in 143 hours, 17 minutes and 35 seconds. He had undertaken to walk the 500 miles in 144 hours, and beat time by 42 minutes, 25 seconds. He started on Monday morning at 3 minutes after 12 o'clock. He rested on Monday, 7h., 22m., 12s.; on Tuesday, 6h., 37m., 47s.; on Wednesday, 6h., 10m., 6s.; on Thursday, 6h., 21m., 58s.; on Friday, 6h., 28m., 13s., and on Saturday, 3h., 43m., 22s. Th

considerable regular exercise, with

cleanliness, pure air, no tobacco, and not too soft a bed. Ten hours are allowed for sleep, and four for meals & rest.

REST.

Rest is necessary. We sometimes hear of a man walking 1000 miles in 1000 hours. Such a task would be difficult only on account of the want of rest.

ROBERTSON'S SYSTEM.

Mr. Robertson's system is: breakfast (beef or mutton) at 8 o'clock, A.M. dinner (cutlets, roast, crackers) at 2 o'clock, supper (cold meat, biscuit) at 8 o'clock P.M.; exercise before each meal; and 7 hours sleep on a hard bed.

Hygiene of

MARCHING.

Marching:— The soldier's dress is much lighter now than formerly. Soldiers now march almost disconnectedly except on parade. French Zouaves from Italy—

LENGTH OF STEP

The English marching step, is: slow & quick time, 30 inches, double quick, 36 inches. The quick time is the most common.

I have no data as to rapid forced marches in the late war against rebellion. But Sherman's march across the country, ~~which was~~ the fatal blow ~~which~~ virtually ended the war, is understood to have been one of the most extraordinary ~~campaigns of~~ in history. It was, there, as in the case of a number of the battles of the war, — not one day's work only, but the continuity of the process that was remarkable. The ~~physical and moral~~ endurance or persistence of Americans has been now proved to be unsurpassed. It is, perhaps, more a mental than a physical trait. This was especially conspicuous in the rebels of the South; of whom I saw a good many as prisoners at Gettysburg, after the battle and the wonder was how they could fight as hard as

FRENCH STEP

The French step is 28 inches. European soldiers are very small

PRUSSIAN AND BAVARIAN.

The Prussian & Bavarian step is 30 inches. The average of man's steps is 28 inches. In carrying a weight, it is less.

The average length of a day's march, is 12 miles. In forced marches 25-40 miles are sometimes walked.

FRENCH AND SPANIARDS.

The French & Spaniards are better walkers than the English.

FORCED MARCHES IN INDIA

In India, 3 British regiments marched 56 miles in 24 hours; another 42 in 20 hours, part in the sun; two companies, 195 miles in 9 days.

Long forced marches injure the troops. Heat-stroke is common.

SUN STROKE.

Heat-stroke is of two kinds: 1st. sunstroke caused by the direct action of the sun on the head, producing congestion; 2nd. heat-collapse. This often occurs in the shade. It is an affection of the blood all over the system. It is much most frequent in cities.

HEAT-COLLAPSE.

UMBRELLA.

The head should be protected. Even an umbrella is not out of place. A white handkerchief is more efficient.

ROBT. JACKSON.

Robt. Jackson limits a march to 14 miles a day.

SLOW TIME.

Some officers do not approve of slow time. They say it fatigues.

Open order is better than close.

RULES FOR CARRYING WEIGHTS.

In carrying a weight, we should take care that, 1st. the lungs be not interfered with, 2nd. the weight be over the centre of gravity, 3rd. properly distributed & 4th. no blood vessel be pressed.

The best places for weights are the head, shoulders, & hips.

BALANCE.

Balance is important. It is easier to carry two small buckets than one large one.

CYLINDRICAL KNAPSACK AND HOLLOW BELT.

Dr. Parkes prefers to have the knapsack a cylindrical valise. He says that the ammunition should be kept in a hollow belt.

Bad dress is the main reason

X Extreme views on the subject; — Sabbatarianism.

Even the Jewish law admits, most wisely, of certain needful exceptions. Some few persons now, — as once in Puritan New England, more even more rigid. This is an impressive error.

Sunday cars — eg Phow.

Hygiene Of the Bony System.

Sewing-machine question [Space ½ page]

of the heart & lung diseases of the British army.

REST ON SUNDAY.

In relation to exercise we should remark that rest is required one day in seven. Experience justifies this. In the French Revolution they tried to do without Sunday, but found it impossible.

HARD PARTS GOVERNED BY THE SOFT.

Bones. It is a law of our bodies that the hard parts are formed by the soft. Thus the skull is governed by the brain. In a museum in England, there is the skull of a child who died of dropsy. It was larger than any adult's. In atrophy of the brain, the skull thickens.

BRAIN.

CHEST

So the muscles of inspiration govern the chest.

By exercise we may develop even the bones. Stationary calisthenics is very effectual for round shoulders & lateral curvature.

STATIONARY CALESTHENICS.

If we notice school girls in low

[I have other better notes
on Sexual Hygiene;
so these need not be
copied, from p. 205
to p. 215]

SCHOOL GIRLS.

necked dresses, we will see one shoulder ~~produ~~ protrude. This is caused by bad positions.

The next subject is the

HYGIENE OF THE REPRODUCTIVE SYSTEM.

(Skip to p 213)

Hygiene of the Reproduct

Comparing man w
er animals, we find
is less periodicity in
ale, the mensu
are the nearest
it has been
nale there is th

[Don't copy] Born 20 to 30 years among marriage under 30 have children than those who marry later or earlier; but among these the greatest fertility (i.e. maximal children) is at over 30. Dr. McLean's statistics.

A man died in Kansas in 1871, natives of Canada, & a hunter & guide, aged 134 years.

Mortality of General Hospital of Vienna 1869, 12.6 per cent.

A case of puberty at 4 years of age is reported by A. Menzel, cited in Phil. Med. Times Aug. 1. 1871.

hi of the
productive o
ssary to life
mary glan
pring is developed.
ction of these organs is
under certain conditions
nditions are furnished
iage only.
roductive system is the
borate organism of our
It requires elaborate preparation

[I have other better notes
on Sexual Hygiene;
so these need not be
copied, from p. 205
to p. 215]

[Dont copy]

SCHOOL GIRLS.

necked dresses, we will see one shoulder ~~produ~~ protrude. This is caused by bad positions.

The next subject is the

HYGIENE OF THE REPRODUCTIVE SYSTEM.

Skip to p 215

Hygiene of the Reproductive Organs:-

Comparing man with the ... er animals, we find ... is less periodicity in ... the female, the menst... charges are the nearest ...

PERIODS.

Lately it has been s... in the male there is th... tendency.

NOT NECESSARY TO LIFE.

The action of the reproductive or... not necessary to life ... the mammary glands ... until offspring is devel...

The action of these organs ... normal under certain conditions which conditions are furnished by marriage only.

ELABORATE ORGANISM.

The reproductive system is the most elaborate organism of our bodies. It requires elaborate preparation

[Out of [illegible] Nov 20 to 30 [illegible] marriage under 30 [illegible] children than those who have children later on; but many [illegible] the greatest fertility (i.e. number of children) is at over 30. [illegible] Dr. McLean's statistics.

[I have other better notes
on Sexual Hygiene;
so these need not be
copied, from p. 205
to p. 215]

these only
which come
turned or be
this roof
but on the
course like
houses, the
outlets or
the inlets o
This essentially

SCHOOL GIRLS.

necked dresses, we will see one shoulder ~~produ~~ protrude. This is caused by bad positions.

The next subject is the

HYGIENE OF THE REPRODUCTIVE SYSTEM.

Hygiene of the Reproductive Organs:-

Sketch p 215

PERIODS.

Comparing man with the lower animals, we find that there is less periodicity in him. In the female, the menstrual discharges are the nearest approach.

Lately it has been stated that in the male there is the same tendency.

NOT NECESSARY TO LIFE.

The action of the reproductive organs ~~are~~ is not necessary to life. In the female the mammary glands are inert until offspring is developed.

The action of these organs is normal under certain conditions which conditions are furnished by marriage only.

ELABORATE ORGANISM.

The reproductive system is the most elaborate organism of our bodies. It requires elaborate preparation

Sexual Hygiene.

Sexual Hygiene

1. Functional action of the reproductive organs is not necessary to the individual.
2. No harm results from the inaction of those organs
3. Sexuality is physiologically healthy and safe only in marriage.
4. The married state is, as a rule, more favorable to health than that of celibacy.
5. Abnormal sensuality is injurious in proportion to:
   A. Prematurity.
   B. Deviation from naturalness.
   C. Frequency & amount of indulgence.
6. Such excess may induce paralysis, epilepsy, insanity, disease of the heart, or general nervous debility.
7. Hygiene furnishes no justification of prostitution: but approves the mingling of the sexes in refined society.
8. To be chaste in life, it is needful to be pure in thought and feeling.

(Ethico-philosophical Maxim:
To pursue pleasure for itself is to exterminate happiness.)

Its purpose is the propagation of the race. Its abuse leads to more serious results than the abuse of any other organ does.

ABUSE.

Lecture XXVI.

PREMATURITY.

Prematurity affects the injury resulting from morbid sexuality. A man is not fully fitted for marriage until he is 21, at least; a woman, at 20. There is a case of a girl having a child before she was eleven. The father was only 15. This is an extreme case. In the East they marry from 12 to 15 yrs old.

NATURALNESS.

The use of these organs is safe according to its naturalness. The married state is best. The further the deviation, the greater the injury.

DISEASES.

Disturbance of the heart & nerves, and special diseases may be caused.

EXTENT OR FREQUENCY.

The extent or frequency of the use has an effect. In married life, once in two weeks, is enough. (is in septem dies, the maximum.)

The minous effect of the morbid use may be seen from two examples.

EXAMPLE

A man crossed the ocean in the company of two females between whom, he divided his time. He became a paralytic.

EXAMPLE.

A soldier in the hospital convalescent from typhoid fever, visited a woman and became paralytic.

Sexual coitus is a physiological act. Self-abuse, mere mechanical excitation is injurious.

CIRCUMCISION.

Circumcision is hygienic

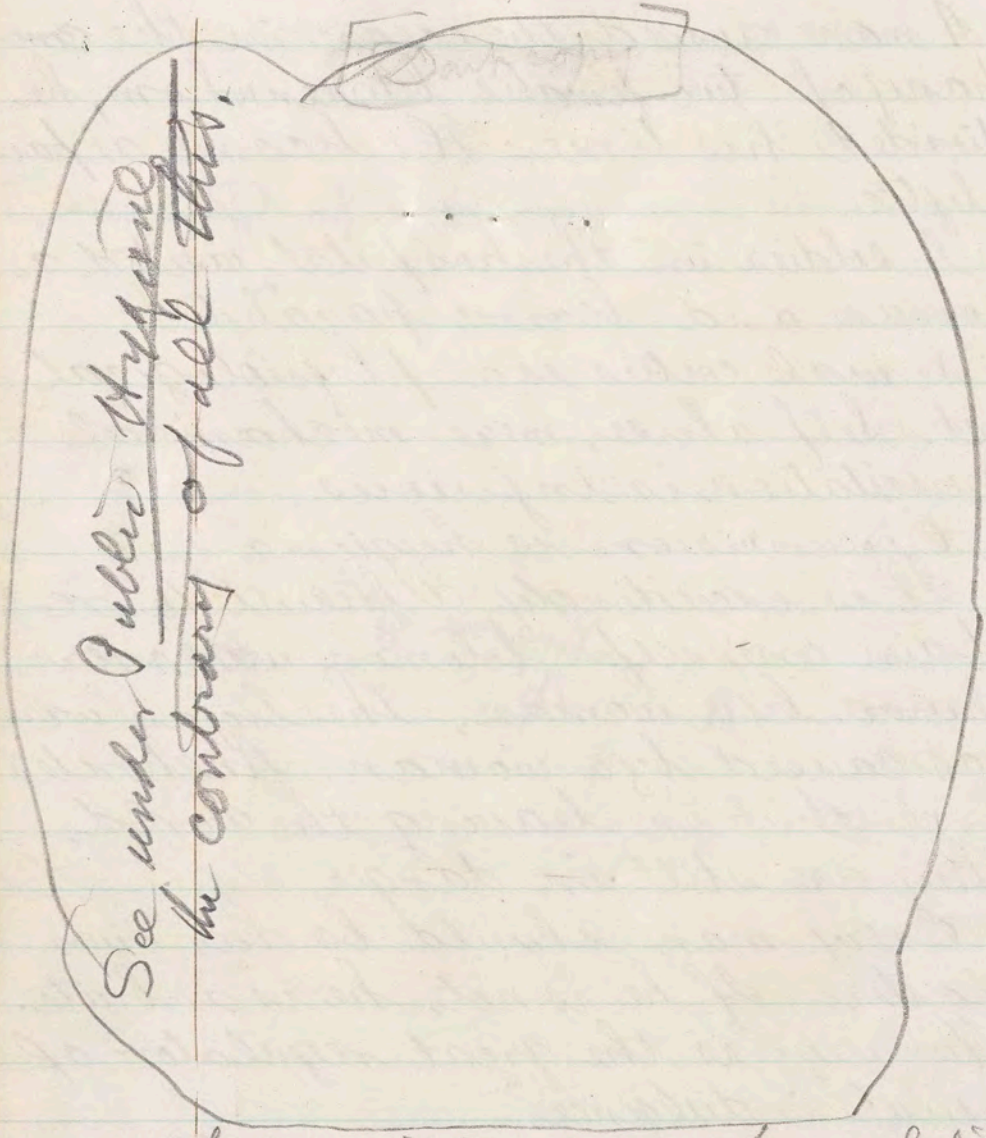
It is exceedingly difficult to restrain one's self. Samson & Solomon were overthrown by a woman. The Trojan war was caused by a woman. Anchorites find that in leaving the world, they are still in danger.

MARRIAGE, A REGULATOR.

Every man should be his own master. If he is not, he is a brute. Marriage is the great regulator of sexual indulgence.

INFLUENCES OF THE REPRODUCTIVE ORGANS

There are two influences which affect the condition of the reproductive organs, viz: habit, and the encouragement of thoughts. For those under



When it does, it is owing either to previous habits, or to indulgence of sensual thoughts & emotions.

and for those who

age, th ... ch
things,
The r ... not
merely ... of moth-
er & son ... nd
brother ... this.
We do w ... if we
think of ... sexual
desire on ...

HIGH RELATION OF THE SEXES.

TEST OF CIVILIZATION.

The h ... ation
is the go ... n.
The ... sesat
an ear ... ncour-
aged. ... om ear-
ly life, the less the tendency
to morbid sensuality. If boys &
girls could see, & play with each-
other they would be much happier.
The society of the other sex, el-
evates each.

INTERMINGLING OF THE SEXES.

PROSTITUTION.

There is no hygienic support for
prostitution. Continence, though rare
is not impossible. When it is prac-
tised seminal plethora not often occurs.

June 7, 1873] MEDICAL

heart which I believe to be present; and on this account I have reserved the following results of their more careful examination until this time.

(To be continued.)

ORIGINAL COMMUNICATIONS.

... the *Hyloaes martinicensis*—which does not undergo the ordinary tadpole transformation, but is fully formed *in ovo*. On examining an ovum taken from the gelatinous mass in which they lie embedded under moist leaves, there is found a slender embryo with a large head, four styliform limbs, and a tail folded in. On touching the egg, the embryo changes its place. A day later, the embryo has a tail as long as its body, translucent and flat, like a tadpole's tail. The limbs then become developed, and some days later the little frogs escape, being of a deep brown-gray color, and not presenting the least vestige of a tail.

210

L TIMES. [*June* 7, 1873

dred and thirty-five women between the ages of seventeen and thirty-one, who were known to have commenced immoral practices, gave up that course of life upon being spoken to by the police; and the Assistant-Commissioner's Report contains individual instances of many girls and married women who owe their rescue from a life of sin and misery to the well-directed and humane efforts of the officials engaged under these Acts."

See under Public Houses for the contrary of this

When it does, it is owing either to previous habits, or to indulgence of sexual thoughts & emotions.

The success of the operation is, there[illegible] lute, as now—at the end of six months—he has a comparatively useful limb, shortened slightly, but with a little motion in the joint, and fitting him for employment in many vocations.

I have been succinct in the account of this case, as there was not anything peculiar about it, and the only purpose I have to subserve in its publication is to offer the encouragement which a successful operation may afford to the profession.

MAY 27, 1873.

BATRACHIAN METAMORPHOSIS WITHIN THE OVUM (*British Med. Journal*, May 3).—M. Jules Garnier, the explorer of New Caledonia, makes known through the *Revue Scientifique* an observation of M. Davay, *pharmacien* in Guadaloupe. It is to the effect that in the country there is a frog—the *Hylodes martinicensis*—which does not undergo the ordinary tadpole transformation, but is fully formed *in ovo*. On examining an ovum taken from the gelatinous mass in which they lie embedded under moist leaves, there is found a slender embryo with a large head, four styliform limbs, and a tail folded in. On touching the egg, the embryo changes its place. A day later, the embryo has a tail as long as its body, translucent and flat, like a tadpole's tail. The limbs then become developed, and some days later the little frogs escape, being of a deep brown-gray color, and not presenting the least vestige of a tail.

---

and for those who ha[illegible]

age, the [illegible] ch

things, t[illegible]

The rel[illegible] not

HIGH RELATION OF THE SEXES.

merely o[illegible] of moth-

er & son, [illegible] nd

brother & [illegible] this.

We do w[illegible] if we

think of [illegible] sexual

desire on[illegible]

TEST OF CIVILIZATION.

The h[illegible] tion

is the go[illegible] n.

INTERMINGLING OF THE SEXES.

The [illegible] sexes at

an ear[illegible] ecour-

aged. [illegible] om ear-

ly life, the less the tendency to morbid sensuality. If boys & girls could see, & play with each other, they would be much happier. The society of the other sex, elevates each.

PROSTITUTION.

There is no hygienic support for prostitution. Continence, though rare is not impossible. When it is practised seminal plethora ~~often~~ not often occurs

We quote from the *Lancet* for May 10 the following statements, which, in our opinion, are worth volumes of theoretical opposition : 1873

"It (the report) states that the women in the several places subject to the Acts attended with regularity throughout the year, and that in a few instances only was it necessary to take proceedings before a magistrate. The Acts have exercised a repressive influence in several ways. Notwithstanding, we are told, the continued influx of common women from unprotected districts, the total number in the several districts on the 31st of December last had been reduced. The beneficial working of the Acts is, however, more clearly demonstrated by the reduction in the number of juvenile prostitutes; and this is very striking. The number of prostitutes in the different districts under the age of seventeen on the 31st of December last was nine; whereas in 1866, when the Acts were first put in force, there were three hundred and seventy-seven under that age. Again, on the 31st of December last, those under the age of eighteen were sixty-seven; whereas in 1866 there were five hundred and ninety-five! The number of brothels has been reduced by eighty-six during the past year, many of those suppressed being of the lowest description: seventy-one young creatures between the ages of twelve and seventeen, and one hun-

See under Public Hygiene the contrary of this.

When it does, it is owing either to previous habits, or to indulgence of sensual thoughts & emotions.

and for those who have not opportunity to marry;
age, the less they think of such things, the better.

HIGH RELATION OF THE SEXES.

The relation of the sexes is not merely organic. The relations of mother & son, father & daughter, and brother & sister, best explain this. We do woman an injustice if we think of her as an object of sexual desire only.

TEST OF CIVILIZATION.

The highest test of civilization is the good standing of woman.

INTERMINGLING OF THE SEXES.

The intermingling of the sexes at an early age, should be encouraged. The freer they are, from early life, the less the tendency to morbid sensuality. If boys & girls could see, & play with each other, they would be much happier. The society of the other sex, elevates each.

PROSTITUTION

There is no hygienic support for prostitution. Continence, though rare is not impossible. When it is practised seminal plethora not often occurs.

End of 26th Lecture, 1869 —

There is no need of prostitution

PARIS. In Paris it is licensed under the plea that it cannot be stopped. This does not lessen its amount. Syphilis is very common in Paris.

LONDON. In London, vice is more open. There it is called "the great social evil".

OTHER LARGE CITIES. In all the large cities of Europe and even in America it is common. The main preventives are social and educational, not municipal.

SYPHILIS. The origin of syphilis is not known. It was first described in Europe in the 13th century. The Italians called it the French disease & so each accused some other nation when finally they agreed to charge America.

LEPROSY. It appeared when leprosy disappeared. It taints the blood and burns the skin.

There are two minor questions

* Dr. Echeverria of N.Y. (Phil. Med. Times Nov. 1872)

asserts the absence of antaphrodisiac power in bromide of potassium in epileptics, on whom he tried it extensively.

Digitalis is said by some to have this effect.

End of 27th Lecture. ×

menstruation, &c.

☒ Hygiene of Married life: Storer, — & Goodell; &c.

[Space, 1 page]

connected with this subject.

WILL DRUGS CONTROL DESIRE?

1st. Will any drugs control venereal desire? It is doubtful. If any, lupulin & bromide of potassium will.*

Fatiguing muscular exercise, is good. Sleep, without excess of cover, & not too long, & moderate eating especially at night, also.

INVOLUNTARY EMISSIONS.

2nd. What is the importance of involuntary emissions? If not more than once in two weeks, they show a not healthy action of the organs.

Begin again

INHERITANCE

Influence of Inheritance on Offspring. There is no doubt that certain constitutional diseases, as consumption, insanity & epilepsy, are inherited. They should make a marriage prohibitory.

EFFECT ON MARRIAGE.

There are degrees of liability to inheritance, but when the symptoms are plain, no marriage should be allowed

INTEMPERANCE

Intemperance vitiates offspring. The deterioration agrees with the continuance of the habit.

EXAMPLE.

A man in the first part of his marriage was temperate, & had 4 children who were healthy. He began to drink, and had 3 children who were not healthy. Afterwards, he reformed and had four more healthy children.

BLOOD-MARRIAGES.

In reference to marriages of consanguinity there was but one view until lately.

EFFECTS.

Deterioration of stock follows. Lately some think this is exaggerated.

Dr. HOWE.

From 25 to 30 pr. ct. of deaf mutes are born of parents ~~who were~~ nearly related. (Bowdin) Howe of N. England found a large number.

CASES IN KENTUCKY.

In Kentucky (Bennett) of 833 such marriages, 3942 children were born. 145 were deaf mutes, 85 blind, 308 idiots, 38 insane, 69 epileptic, 98 deformed.

On the other hand the Ptolemies

Darwin:

"Nature abhors self-fertilization."

PTOLEMIES OF EGYPT.

of Egypt intermarried and produced intelligent offspring. Cleopatra was both handsome & intelligent.

DOMESTIC ANIMALS.

Among the domestic animals this is occurring continually yet there is no deterioration. Pigeons & racehorses, etc. Even among plants "pedigree wheat" is thus produced.

Parthenogenesis

HERMAPHRODITES.

Hermaphrodites occur among both plants and animals. They are exceptions to the law that opposition of sexes is necessary. Late investigations show that there is an occasional sexual union even in such cases.

LAW OF OPPOSITION

There is a law of opposition, a polarity of sexes, two things most alike having the least attraction.

FAMILY TRAITS.

Those traits which are peculiar to the parents, are intensified in such unions. If a father & mother have consumption, the tendency is doubled in the child.

~~Hereditary diseases are not as common as might be expected.~~

Hygiene of Pregnancy.

TENDENCY TO RETURN TO THE TYPICAL STOCK.

There is to
the typic rned
loose on alike.
The tru arly
related 3rd
cousins)
The da if there
is no re
The

MENTAL HYGIENE

Mental rela-
tions of d.
The su ne.
There the
relation ind.
One total

MATERIALISM.

of the functions of the [illegible] and
the if a human being consists
of brain & body. Miss Martineau
holds this view This is material-
ism

SPIRITUALISM.

2nd. (Emerson's idea) That the
mind is the only substance in
the universe, that the human mind

all fixed or volatile oils. It dries very fast, and does not shine, unless mixed with resinous varnishes. It is extremely flexible, may be spread in very thin layers, and remains unaltered under the influence of air and light. It may be employed to varnish geographical maps or prints, because it does not reflect light disagreeably, as resinous varnishes do, and is not subject to crack, or come off in scales. It may be used to fix black chalk or pencil drawings; and unsized paper, when covered with this varnish, may be written on with ink.—*Journal Applied Chemistry.*

Longevity.

A question which has long been agitated and argued *pro and con* is, whether the work of the brain is injurious to health, and whether it shortens life. In relation to tais subject, the Paris correspondent of the *Morntng Star* notices that most of the clever men of France reach a great age. Of the members of the French Academy, M. Viennet is 89; M. de Ségur, 86; de Pougerville, 76; Lebrun, 82; Villemain, 76; Lamartine, 76; Flourens, 78; M. Guizot is 79, and M. Thiers 69; Berryer is 74; the Duke de Broglie, 82. The ages of the younger members of the Academy range from 60 to 70.

—— Recovery of Prof. Trousseau.—Some of our cotemporaries were misled by the erroneous cable dispatch, announcing the death of Professor Trousseau. One of them announces an obituary notice as in preparation, and so recently as the 1st inst., alludes to his death. We stated, several weeks since, that his illness was slight, and the *Union Médicale*, of Dec. 4th, says: "The friends of M. Trousseau, and all our *confrères*, will receive with entire satisfaction, the news of

wages, without requiring any work for it. This was three years ago. The result of this philanthropic experiment has been the reduction of infant mortality in the district from 40 to 25. Six other houses have been so struck with the beneficial effects of M. Dollfus' system that they have resolved to adopt it, subject only to a modification—necessary, perhaps, in a commercial point of view, and wholesome as regards the independence of the workmen. Seeing the immense benefit to humanity produced by M. Dollfus' charity, they recommend to all their *employées* to make themselves participants in the system by a subscription of three sous a fortnight from all women in their factories, between the ages of eighteen and forty-five years. The premium is insufficient to cover the risk, but the masters undertake to make up the difference.

An example so good in every respect is well worthy of imitation in other countries. We need not go to France for instances of children dying in their first year at the rate of 40 or even 50 per cent. Mothers are called away to work long hours in the field or the factory quite as soon after confinement with us as elsewhere, and their infants suffer from just the same causes as moved the kind heart of M. Dollfus.

The plan of establishing a fund from the contributions of the women themselves, to be available for the support of the mother during an enforced abstinence from her work, as being of the nature of an insurance, is certainly preferable to any scheme of mere eleemosynary help; and if the mention of M. Dollfus' success induce any of our employers of female labor to give the experiment a trial, we have little doubt that results equally satisfactory may be achieved.—*Lancet*, Dec 1, 1866, and *Med. News*.

TENDENCY TO RETURN TO THE TYPICAL STOCK.

There is a ... to
the typical ... ned
loose on t ... alike.
The true p ... arly
related pers ... 3rd
cousins) sho
The dang ... if there
is no resem
The nes

METEOROLOGY.

December,	31.	J. 1,	2,	3,	4,	5,	6.
Wind	N. E.	N. E.	N.	N. W.	W.	W.	N. W.
Weather	Cl'dy. Snow.	Cld'y. Snow.	Cl'dy.	Clear.	Clear.	Cl'dy.	Cl'dy.
Depth Rain							
Thermometer.							
Minimum	11°	12°	14°	3°	6°	7°	15°
At 8 A. M.	23	29	24	15	18	20	37
At 12 M.	25	31	27	24	32	38	39
At 3 P. M.	25	32	28	25	32	39	38
Mean	21.	26.	23.25	16.75	22.	26.	32.25
Barometer.							
At 12 M.	30.2	30.4	30.3	30.3	30.3	29.9	29.8

Germantown, Pa. B. J. LEEDOM.

Medical Society of the State of New York.

☞ The Sixtieth Annual Meeting of the Medical Society of the State of New York will be held in the city of Albany, February 5th, 6th, and 7th, 1867. A full and interesting meeting is confidently expected.

516—18 WM. H. BAILEY, *Secretary.*

MENTAL HYGIENE

Mental Hygiene.

Mental hygiene rests on the relations of the brain and mind. The subject is a difficult one.

DIFFERENT VIEWS.

There are several views of the relation of the brain to the mind.

MATERIALISM.

One is that the mind is the total of the functions of the brain and the ~~th~~ a human being consists of brain & body. Miss Martineau holds this view This is materialism

SPIRITUALISM.

2nd. (Emerson's idea) That the mind is the only substance in the universe, that the human mind

220

Reduction of Infantile Mortality; French Philanthropy.

The Paris correspondent of the *Daily News*, referring to the subject of infant mortality which has lately occupied the attention of the French journals, gives a striking illustration of the extent to which the excessive fatality of childhood may be reduced by proper attention to the requirements of nature. M. Jean Dollfus, one of the largest manufacturers in Alsatia, was shocked to find that the women employed in his factories lost 40 per cent. of their children in the first year, whereas the average mortality at that age in France is only 18. He came to the conclusion that a main cause of this frightful loss of incipient life was the necessity laid upon the mothers to resume work too soon after confinement, and therefore, with the true grandeur of a merchant prince, determined to pay every woman in his service, who was brought to bed, six weeks'

not go to France for instances of children dying in their first year at the rate of 40 or even 50 per cent. Mothers are called away to work long hours in the field or the factory quite as soon after confinement with us as elsewhere, and their infants suffer from just the same causes as moved the kind heart of M. Dollfus.

The plan of establishing a fund from the contributions of the women themselves, to be available for the support of the mother during an enforced abstinence from her work, as being of the nature of an insurance, is certainly preferable to any scheme of mere eleemosynary help; and if the mention of M. Dollfus' success induce any of our employers of female labor to give the experiment a trial, we have little doubt that results equally satisfactory may be achieved.—*Lancet*, Dec 1, 1866, and *Med. News*.

TENDENCY TO RETURN TO THE TYPICAL STOCK.

There is a tendency to return to the typical stock. Horses turned loose on the prairie get all alike. The true principle is that nearly related persons (even as far as 3rd cousins) should not marry. The danger is perhaps less if there is no resemblance.

The next subject is

MENTAL HYGIENE

Mental Hygiene.

Mental hygiene rests on the relations of the brain and mind. The subject is a difficult one.

DIFFERENT VIEWS.

There are several views of the relation of the brain to the mind.

MATERIALISM.

One is that the mind is the total of the functions of the brain and the ~~th~~ a human being consists of brain & body. Miss Martineau holds this view. This is materialism

SPIRITUALISM.

2nd. (Emerson's idea) That the mind is the only substance in the universe, that the human mind

Prof. Porter's view (On the Human Intellect)

that mind or soul is identical not with matter, but with force. Carpenter's seems to be about the same, though less extended in its negations.

Comparative psychology ought not to be neglected. (See ~~these~~ pages ~~[illegible]~~ of pencil notes)

a part of the universal divine Mind.

is ~~that which knows and thinks.~~ This is the opposite extreme, pure spiritualism.

ANECDOTE OF EMERSON.

When a Millerite said to Emerson that the world was coming to an end, he replied "very well, we can get along as well without it."

The first is called the somatic view. The second is called the psychic view.

NILL BUCKLE'S OPINION.

Buckle Mill's asserts that the mind is incapable of action, without the brain, that the study of the brain is the study of the mind.

BEST VIEW.

The best view is that man is an animal, endowed, like the rest, with intelligence and emotional faculties, the organ of which, is the brain, the aggregate of which is the mind.

Dr. CARPENTER.

Dr. Carpenter asserts that brutes have minds.

We must either admit that the mind is immortal (animals hence being immortal)

in regard to Hygiene we may consider

MENTAL HYGIENE.

Mental Hygiene

As the brain is the organ of Mind, mental action is synonymous with cerebral action.

Mental Health is affected by

1. Inherited cerebral organization.
2. Age: first instinctive, then emotional, last mature intellectual
3. Physical Influences:
   - A. General Health
   - B. Air
   - C. Food & Drink.
   - D. Exercise
   - E. Sleep.
4. Mental Influences:
   - F. Civilization
   - G. Education
   - H. Intellectual Labor.
   - I. Excitement
   - J. Mental Stagnation
   - K. Sympathy.

End of 27th Lecture 1869.

or we must refuse to admit it.

DIFFERENCE BETWEEN MAN & BRUTES.

Man has more than other animals. The character of his brain is different. He has a spiritual nature. This is connected with conscience.

It is sound philosophy to speak of a nature common to man and brutes.

BIBLE TESTIMONY.

This is shown by the bible. It uses two words, one to mean the nature peculiar to man, & the other to mean that which he has in common ~~with~~ brutes. This is seen in ~~[illegible]~~ passages. ψυχη, πνευμα

Lecture XXVII.

EXAMPLES OF THE DEPENDENCE OF THE MIND ON THE BRAIN.

The dependence of the mind on the brain may be illustrated.

A man wounded at Waterloo, had his head knocked in. While the bone pressed on the brain he had no consciousness. He recovered it as soon as the bone was raised.

EXAMPLE.

A man who had fallen out of a cart and broken his head, felt his consciousness deserting him when a light bandage was applied.

EXAMPLE.

A man received an accident on a ship and was unconscious for a month. He was then trepanned & he became conscious.

INFLUENCE OF BIRTH.

The health of the brain & mind is affected by birth. The condition of the mother during gestation has an effect. Strange shapes have happened to infants, from powerful impressions on mothers. Of 92 children, born after the blowing up of an arsenal, nearly all were deformed, or died early.

The character of a parent's mind is to be expected in offspring. Some families have great intelligence.

CAN OUR RACE BE ELEVATED?

How far it is possible to raise our race higher than it is, is an interesting question. Every now &

then, a great mind appears. The parents of such men have been generally not very marked.

EXCEPTIONS TO THE GENERAL LAW.

They are exceptions to the law of descent just as idiots (the other extreme) are.

A perfect system of education and living would raise us. Owing to imperfect hygiene & civilization we have caused the common mind to be below par. Pericles, Alcibiades, Aunts of Cleopatra, &c typical.

We see melancholy examples of degeneration in all cities.

OUTCASTS IN LONDON.

Those who have studied London life, assert that there are hundreds who have inherited certain crimes for generations. They have language & customs unknown to the millions around them.

MENTAL PECULIARITY INHERITED.

There is a mental peculiarity inherited from parents. Insanity especially suicide is very often inherited.

SUICIDE.

It often takes place when the tendency is unknown by the individual.

Alex Cruden, of the "Concordance" — "heavy all his life"

John Howard, the great prison philanthropist, is said to have been tyrannical in his own house.

The children of an insane person, may not get insanity, but some other brain disease. They may have epilepsy, or eccentricity

ABSOLUTE SANITY.

Absolute sanity is seldom met. We have odd notions of some things. We have always something wrong.

MORAL ORGANISM.

The moral organization often suffers. This organism also is material. There are moral idiots. It is impossible for some to do right

ECCENTRICITIES.

We can often account for eccentricities from family traits. There are often family nuisances, intolerable at home.

ORGANIC DEFECT, THE CAUSE OF MORAL DEFECT.

Something is gained by recognizing an organic defect as the cause of moral defect. When a man, trusted, good & loved, runs off with money, we must recognize it.

BYRON.

Dr. Ray, says that Lord Byron was violent, capricious & bad. His father

was called "Mad Jack Byron". His mother also had a violent temper. Saml. Johnson inherited something like madness. He would imagine he heard voices. He touched every post with his cane.

SAML. JOHNSON.

The sound & unsound is mixed in many, Cowper, for instance.

COWPER.

Time of Life:- In the infant, there is no mental capacity. The brain improves gradually, 1st. the instinctive powers, 2nd. the emotional & 3rd. the intellectual So we find the order of development of the brain to be, anterior, middle & posterior.

BRAIN OF THE CHILD.

The greatest energy is at full maturity. The brain grows till about 40. The hatter of Napoleon said that his head grew larger.

GREATEST ENERGY.

The brain retains its powers long after maturity.

Youth is the time for poetry and art.

YOUTH.

Christian Heinicken of Lubeck, 18th cent.
at 2 knew Bible history well — at 3 Latin Grammar. —
at 4 was in Eccles. history — then died.

Paganini plays wonderfully on violin at 9

Cowley a poet prent at 15

Mozart precocious — composes music at 4

Leigh Hunt, in love at 13,

Victor Hugo,
a novel at 16

Byron at yr earlier age!

F. Vincent Raspail,
Scientist & political agitator,
delivered lectures on philosophy
at 18, & on theology at 19.

Lord Shaftesbury declared on report of statistics,
that much larger no. of criminals in England
begin the so by 16 yrs.

OLD AGE.

Formerly it was thought that old age gave wisdom of itself. This is not so, but old men have experience.

JUDGMENT.

The judgment is better under 70 than over 70. Lord Brougham outlived his powers of judgment. Some say that Danl. Webster did also.

FULL MATURITY.

Full maturity is from 30 to 50. There are some extremes. The following men were noted at early ages.

PRECOCIOUS MEN

HALLECK, ALEX. the GREAT, CAESAR, HANNIBAL, POMPEY, OCTAVIUS, SCIPIO AFR., GHENGIS KHAN, HEN. IV of France, GENL. SAXE, CORTES, PETER the GREAT, CHAS. XII, Sweden, NAPOLEON, PIZARRO, CHAS. FOX, HAMILTON, BRYANT, LAMARTINE, BYRON, DANTE.

(Genl. Halleck's work on Military Science states)

Alexander the Great at 18

Caesar, 22 — Hannibal 26

Pompey, 25 — Octavius

Scipio Africanus, 16 — Ghengis Khan, 13

Henry IV of France, 16, — Genl. Saxe, 12.

Peter the Great, 10. — Cortes, 36.

Charles XII of Sweden, 15. — Pizarro, 35

Napoleon I, 17. — Chas. Fox Pitt Pr. Minister under 30 +

Alex. Hamilton, 13. — Wm. C. Bryant, 14

Lamartine, 10. in Love — Last Hunt 13 — Byron, 8. in Love —

End of 28th Lecture, 1867.

and Dante, in love 11. Lord Shaftesbury says that 49 out of 50 criminals begin in early life: from 8 to 16.

As a general rule, precocity is not a good sign. Overpushing of the brain causes early decay.

GREAT MEN NOT REMARKABLE AS BOYS

SHAKESPEARE.
NIEBUHR
MOLIERE
SCOTT.
GIBBON
FRANKLIN
BYRON
RITTENHOUSE
SHERMAN
ADAM CLARK
DAVY.
PATRICK HENRY.
SHERIDAN.

Among the great men who were not remarkable as boys, are:

Shakespeare (26)	Niebuhr
Moliere	Scott
Gibbon (Buffon)	Byron
Franklin	Rittenhouse
R. Sherman	Clark
Davy.	Patrick Henry.

Sheridan

At 10, Adam Clark was a dunce. Kent was fond of out-door sports. The mother of Barrow used to say that if any of her sons was to die she hoped he would be the one. X

PERMANENCE OF POWER

PLATO
SOPHOCLES
CATO
SOCRATES
GOETHE
HUMBOLDT
TITIAN
BENJ. WEST.
CARD. FLEURY
" RICHELIEU

The other extreme is permanence. Some examples are:

Plato, Sophocles, Cato, Socrates, Goethe, Humboldt, Titian, Benj. West, Cardinal Fleury, Richelieu,

Haydn – 97

Poet Rogers, died ætat 93, after an accident.

Auber – composing successfully

Lord Dr. Lemann, 88, æt 1869 made an hour's able speech – Parliament.

(æt 80 1867)

Thiers – French historian, statesman,

orator – (1869) 80 years old but a student still; it is said, just beginning the study of botany! 1871 – President of France.

Duke of Saldanha – of Portugal, a military coup d'état, æt 90! (1870)

1873, publishing a work on the origin of mankind

Watt, principal inventor of steam engine, most of his life had ill health. J. N. Robertson the eloquent Edinburgh preacher of Brighton, England – written at last of over brain work –

Dr Physick – school health – your health?

Audubon

Tourgenieff, French novelist, philosopher

HANDEL
BEN JONSON
NEWTON
LOCKE
Saml. JOHNSON.
CHAUCER.
MANSFIELD.
PALMERSTON

PHYSICAL INFLUENCES.

ERRONEOUS IDEA.

ROBUST CONSTITUTION FAVORABLE.

INVALIDS
CALVIN
POPE
COWPER
ROBT. HALL
KITTO
FULLER.

ROBUST
WASHINGTON
NAPOLEON
SCOTT
WILSON
NORTH
FRANKLIN
PALMERSTON.
LYNHURST.
BROUGHAM
CUVIER
STEVENSON.

Handel (75), Ben Jonson (63), Isaac Newton (84), Locke (73), Saml. Johnson (75), Chaucer (72), Mansfield (89, Humboldt (90), Palmerston (80).

Health is affected by physical influences. 1. General:

It was formerly thought that a learned man is always unhealthy. Hygiene has dissipated this error.

A robust constitution is favorable to cerebral performance.

The following men of great minds were invalids: Calvin Pope, Cowper Robt. Hall, Kitto, & Fuller. Stuart Mill, Darwin, Spencer — These are very few.

On the other hand, of robust heath are Washington, Napoleon, Scott, Wilson, North, Franklin, Palmerston, Lynhurst, Brougham, Cuvier, Stevenson, Audubon.

This shows the absurdity of associating bad health with great minds.

7) 298/343/12

8) 240/303/90

217.50
67.50
150.00